

Abstract The purpose of this study was to determine the effect of a 10-week, 30-min, 3 times per week, low-intensity resistance training program on the muscle strength and endurance of the lower extremities in healthy young adults. The subjects were 15 male and 15 female college students, 18 to 25 years of age, who were randomly assigned to either a control or an exercise group. The control group performed no exercise, and the exercise group performed the resistance training program. The subjects were tested at baseline and after 10 weeks. The results showed that the exercise group had significantly greater increases in muscle strength and endurance than the control group. The results also showed that the exercise group had significantly greater increases in muscle strength and endurance than the control group. The results also showed that the exercise group had significantly greater increases in muscle strength and endurance than the control group.

My residence, post office address and citizenship are as stated below next to my name,

"MAGNETIC RESONANCE APPARATUS HAVING A GRADIENT COIL SYSTEM WITH STIFFENING ELEMENTS"

(check
one) X is attached hereto.
 was filed on _____, as
 Application Serial No. _____
 and was amended on _____
 (if applicable)

I acknowledge the duty to disclose to the United States Patent Office all information which is known to me to be material to the patentability of this application in accordance with Title 37, Code of Federal Regulations, 1.56.¹

I hereby claim foreign priority benefits under Title 35, United States Code, 119 of any foreign application(s) for patent or inventor's certificate listed below

Prior Foreign Application(s) Number	Country	Date
10101071.0	Germany	January 11, 2001

and have also identified below any foreign application for patent or inventor's certificate having a filing date before that of the above listed application on which priority is claimed:

Prior Foreign Application(s)		Date
Number	Country	

¹ (b) Under this section, information is material to patentability when it is not cumulative to information already of record or being made of record in the application, and

(1) It establishes, by itself or in combination with other information, a *prima facie* case of unpatentability of a claim; or

- (1) It establishes, by itself or in conjunction with other information, a
- (2) It refutes, or is inconsistent with, a position the applicant takes in:

- (i) Opposing an argument of unpatentability relied on by the Office, or
- (ii) Asserting an argument of patentability.

A prima facie case of unpatentability is established when the information compels a conclusion that a claim is unpatentable under the preponderance of evidence, burden-of-proof standard, giving each term in the claim its broadest reasonable construction consistent with the specification, and before any consideration is given to evidence which may be submitted in an attempt to establish a contrary conclusion of patentability.

If no priority is claimed, I have identified all foreign patent applications filed prior to this application:
Prior Foreign Application(s)
Number Country Date

And I hereby appoint all Attorneys identified by United States Patent & Trademark Customer Number 26574, who are all members of the firm of Schiff Hardin & Waite

Telephone: 312-258-5500 Patent Department
my attorneys with full power of substitution and revocation, to prosecute this application and to transact all business in the Patent and Trademark Office connected therewith and direct that all correspondence be forwarded to:

Schiff, Hardin & Waite
Attn: Patent Department
6600 Sears Tower, Chicago, Illinois 60606 -6473

CUSTOMER NUMBER 26574

I hereby declare that all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements were made with the knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both, under Section 1001 of Title 18 of the United States Code and that such willful false statements may jeopardize the validity of the application or any patent issued thereon.

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